



Dave Heineman
Governor

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Dear Fellow Nebraskans:

I am writing to you about a very important issue: planning for the long-term care that many of us will need as we grow older.

Many people do not like to think about aging, or the possibility that at some time in the future we may be unable to perform such routine tasks as bathing and dressing. Most of us want to remain independent and live at home. However, many of us will need some type of long-term care in our later years. While this is a normal part of life, few of us plan adequately. By the time we need long-term care, it is often too late for ourselves, for our families, and for our finances.

That is why I want to share with you some information about a new cooperative program between the State of Nebraska and the federal government. We call it *Own Your Future*. The goal of this new program is to encourage people between the ages of 45 and 65 to begin the process of planning ahead for future needs in terms of long-term care.

As a first step in the planning process, I would encourage you to order the "Long-Term Care Planning Guide" created by the U.S. Department of Health and Human Services. You can order it by calling toll-free, 1-866-PLAN-LTC (1-866-752-6582), by visiting the Web site at <http://www.aoa.gov/ownyourfuture> or by returning the postage-paid reply card attached to the enclosed brochure. The cooperative planning guide provides ways to improve your own health, initiate family conversations, ensure your home's accessibility, explore living wills, plan financially and identify appropriate community services.

Long-term care needs are best met when we plan ahead. So please, decide to *Own Your Future* and order your free "Long-Term Care Planning Guide" today!

Sincerely,

A handwritten signature in black ink that reads "Dave Heineman".

Dave Heineman
Governor